

909 Lane Ave
Titusville, FL 32780
Hours: Mon-Thur 9am-4pm
Fri 9am to 1pm

November 2024

Phone: 321-268-2333
Email: nbsc@cfl.rr.com
Website: <http://nbsc.website>
Editor: Linda Trawle

North Brevard Senior Center

*North Brevard Senior Center
annual Christmas Party.*

*Saturday, December 7th
Elections of Officers at 11am*

*Lunch at 11:45am
Salad, Lasagna, & Dessert*

*Music 12:00 noon to 3:00pm
and we are bringing back the
Elkery Brothers
from last year for your listening and
dancing pleasure.*

*Tickets go on sale November 4th for
Members \$8.00
Tickets go on sale November 12th for
Non-Members \$10.00*



ANNUAL ELECTIONS

*SATURDAY, DECEMBER 7th @ 11:00 am
It's time to elect your Board of Directors
Executive Committee*

Current candidates are:

President – Anita James

1st Vice President – Open

2nd Vice President – Rachel Kusterer

Treasurer – Cathie McMullin

Secretary – Jeany Heaney

***Please plan to attend this brief meeting as
it's imperative we have a quorum to elect
next year's Executive Committee.***



**Tuesday
November 5th
12:30pm-2:30pm
*Prizes
*Ice Cream Bar**

**Tuesday
November 19th
12:30pm-2:00pm
Snacks Provided**

***Both Days are sponsored by
Devoted Health Plans
For more information call Amanda
321-320-3588***



The Center will be closed the
following days in November.
Elections– November 5th
Veterans Day– November 11th
Thanksgiving– November 28th
and 29th

NBSC Activities — Guests welcome!

<u>ACTIVITY</u>	<u>TIME</u>	<u>MEMBER/GUEST</u> <u>DONATION</u>	<u>CONTACT PERSON</u>
MONDAY			
Strength and Stretch	9AM-10AM	\$2/\$3 Room B	Susan (540) 220-4831
No. Brevard Line Dance	10AM-12:30PM	\$3/\$4 Gold Room	Yvette (321) 258-6534
Poker	10AM-2PM	\$2/\$3 Library	Les (321) 591-5156
Yoga	11:30AM-12:30PM	\$5/\$6 Room B	Cindy (321) 576-2782
Golden Hearts Senior Fitness	1PM– 2PM	\$5/\$6 Gold Room	Robin (321) 514-5945
Mexican Train Dominoes	1PM-3PM	\$2/\$3 Room A	Joanne (321) 267-5923
Hand & Foot	12:30PM-3:30PM	\$2/\$3 Room A	Donna (407) 808-5237
Progressive Rummy (1st & 3rd Mon)	1PM-3:30PM	\$2/\$3 Room B	Cathie (610) 715-2237
Bunco (2nd Mon)	9:30AM-12:30 PM	\$4/\$5 Room A	Carol (332) 268-8087
Zumba	6PM-7PM	\$7/\$8 Gold Room	Robin (321) 514-5945
Blast	7:15PM– 8PM	\$5/\$6 Gold Room	Robin (321) 514-5945
TUESDAY			
Beginning Tap Dance	9AM-10 AM	\$2/\$3 Room B	Susan (540) 220-4831
Pinochle	10AM-2PM	\$2/\$3 Room A	Cat (321) 231-1135
Muscle Memory, Strength, Balance	10AM-11:00AM	\$2/\$3 Gold Room	Natine (321) 609-0999
Tap & Jazz (Intermed)	11AM-12PM	\$2/\$3 Room B	Marsha (309) 236-7786
Connie's Card Making (2nd Tues)	11:00AM-12:00PM	\$4/\$5 Library	Connie 410) 598-3755
Mahjongg	12:30PM-3:30PM	\$2/\$3 Room A	Andi M. (321) 385-3595
Darling Damsels Bridge	12:30PM-3:30PM	\$2/\$3 Library	Kathy (321) 268-4827
Tai Chi	1PM-2:30PM	\$4/\$6 Room B	Ada (321) 848-4689
Zumba Toning	6PM-7PM	\$7/\$8 Gold Room	Robin (321) 514-5945
WEDNESDAY			
Zumba– Gold	9:15AM-10:15AM	\$7/\$8 Gold Room	Robin (321) 514-5945
Hurricane Rug Hooking (2nd&4th Wed.)	10AM-2PM	\$2/\$3 Library	Fonda (321) 298-2796
Golden Hearts Senior Fitness	11AM-Noon	\$5/\$6 Gold Room	Robin (321) 514-5945
Beginning Ballet/Lyrical	1:00 PM-2:00PM	\$2/\$3 Room B	Susan (540) 220-4831
Duplicate Bridge	11:30-3:30PM	\$2/\$3 Room A	John (321) 269-5525
Line Dance Class Beginner/Intermed	4PM-6PM	\$3/\$4 Gold Room	Cathy (814) 571-2834
THURSDAY			
Bingo (Play begins at 10AM)	9AM-2:30PM	Varies (#of cards played) Gold Room	Cat (321) 231-1135
Beginning Jazz/Contemporary	9AM-10AM	\$2/\$3 Room B	Susan (540) 220-4831
Zumba Gold Tone/Chair	11:00AM-12:00PM	\$7/\$8 Room B	Robin (321) 514-5945
Zumba	6PM-7PM	\$7/\$8 Gold Room	Robin (321) 514-5945
Core & More	7:15PM-8PM	\$5/\$6 Gold Room	Robin (321) 514-5945
Board of Directors Mtg. (2nd Thursday)	3PM	N/A Library	Anita (918) 810-3534
FRIDAY			
Muscle Memory, Strength, Balance	10AM-11AM	\$2/\$3 Gold Room	Natine (321) 609-099
Euchre	10AM-1PM	\$2/\$3 Library	Barbara (321) 750-2679
No. Brevard Line Dance (Impr/Intermed)	12PM-2PM	\$3/\$4 Gold Room	Yvette (321) 258-6534
Cribbage	1PM-3PM	\$2/\$3 Library	Carole (321) 268-2333
Karaoke	2PM-5PM	\$2/\$3 Room A	Mike (321) 268-2013
Line Dance Social (4th Fri)	6PM-9PM	\$5 Gold Room	Yvette (321) 258-6534
SUNDAY			
Intermed/Adv'd. Line Dance Class	2PM-4PM	\$10 prepaid/\$13 Drop In Gold Room	Pat (321) 720-8979

**MEMBERS REMINDER — THOSE WHO HAVEN'T PAID 2023 DUES
WILL BE ASKED TO DONATE AN EXTRA DOLLAR
FOR EACH ACTIVITY ATTENDED.**



Bunco
2nd Monday of the month at 9:30am



Why not join them for a fun afternoon!
For more information call Carol at 321-268-8087

Why not join Marsha Tap & Jazz Class?
This is a intermediate class.



Tuesdays @ 11am Room B
Call Marsha @ 309- 236-7786 for information

**Day
trips**

*Check the last page for all the
new day trips being offered!*

Lifestyle Care Program
at \$0 for eligible
Medicare Part B or C Recipients

IMPROVE YOUR HEALTH!
A certified Lifestyle Coach will guide you to:

- Improve blood pressure, blood sugar, and cholesterol
- Achieve healthier weight
- Slow down the aging process
- Learn how to shop, cook, and eat healthy
- Prevent type 2 diabetes and heart disease

The program consists of:

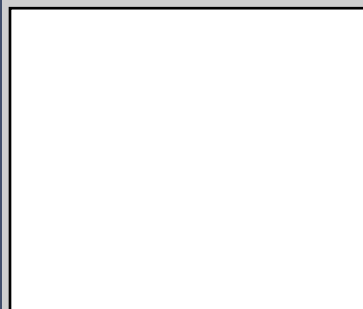
- 26 sessions (online)
- 1 hour per week

No Medicare? No problem!
Scholarships are available.

For questions & eligibility:
(800) 899-4374
www.monitormyhealth.org

**SUPPORT OUR
ADVERTISERS!**

**WE APPRECIATE OUR
ADVERTISERS!**



WE'RE HIRING!
AD SALES EXECUTIVES
BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at
careers@4lpi.com or
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Rich Fernbach

rfernbach@lpicommunities.com
(800) 477-4574 x3675

RENTALS

**Birthday Party - Anniversary Party
Rehearsal Dinner - Wedding - Baby Shower
Celebration of Life**

**North Brevard Senior Center has space available at
very reasonable rates.
Starting at \$50.00 for 2 hours
Call: 321-268-2333**

SAMPLE—DECORATED AREA



FULLY EQUIPPED KITCHEN





Thursdays @ 10AM
(Doors open @ 9 AM)

*** Smoke Free Environment ***

***No one under the age of 18**

*Bring in a canned or boxed food item for donation on **1st Thursday** to **No One Hungry Senior Pantry** and get a **free Speedy game paper!***

Only \$10 to play 16 regular games
(9 cards per sheet).
Additional strips of 3 cards \$3/strip.

Specials only \$1 per sheet
6 cards per sheet
Special paper games payouts.

ATTENTION FIRST TIME PLAYERS!

Bring this ad & **only pay \$2** for a card pack (reg. \$10)!

Free hot coffee.
BRING YOUR OWN
SNACKS & LUNCH.



EXEC. COMMITTEE

PRESIDENT
Anita James
1st VICE PRES.
Rachel Kusterer
2nd VICE PRES.
OPEN
TREASURER
Cathie McMullin
SECRETARY
Paulette Amaral

BOARD MEMBERS

Jeff Amaral
Paulette Amaral
Jeany Heaney
Rachel Kusterer
Cat Simkins
Diane Sweeney
Sandy Witt

EMERITUS MEMBERS

Terry Eisenberg
Doris McDowell

Ops Manager

Linda Trawle

Assistant Ops Manager

Paulette Amaral



Join Robin!
Monday & Thursday
6pm-7pm

Core & More will now follow
Zumba on Thursday Nights 7:15 pm-8pm.

Please note Robin will not have evening classes on Monday November 4th and 11th



Why not stop in and try our one of our many classes we offer at the center!

Beginning Ballet/Lyrical!
Wednesdays

1:00 pm– Room B

Always wanted to be a ballerina? It's never too late? Join this class to explore your love of classical dance.

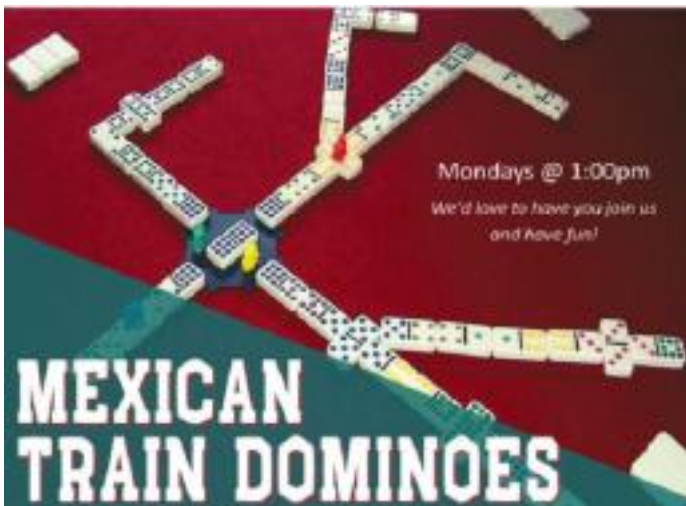
Beginning Jazz /Contemporary
Thursdays

9:00 am - Room B

Enjoy jazz & contemporary movement styles drawing from Broadway & modern dance.

Contact Susan for information on both classes

at 540-220-4831 or
susanlandess@gmail.com



Mondays @ 1:00pm
We'd love to have you join us and have fun!

MEXICAN TRAIN DOMINOES



MUSCLE MEMORY

Join Nattie
Tuesdays and Fridays
10:00am-11:00am
Improve your
Muscle Memory, Strength and Balance

No class November 5th, 26th & 29th

Beginner Tap Dance

Tuesday at 9am
Room B

For more information call Susan 540-220-4831



Why not join Connie's Card Making?
2nd Tuesday of the month.
For more information call
Connie at 410-598-3755



Zumba Gold- Toning

Thursdays 11am - 12 pm

Blends the Zumba party you love at a slower pace with redefining total body workout using Zumba Toning Sticks to shake up those muscles.

Room B
This class is a total chair class!



Join us Wednesdays
11:30 - 3:30pm

DUPLICATE BRIDGE

AC or Plumbing Repairs... Call Freedom Air



FREEDOM

Air and Plumbing

"With freedom comes choices, make the right one..."




- Financing Available
- 24/7 Emergency Service
- Special Discounts

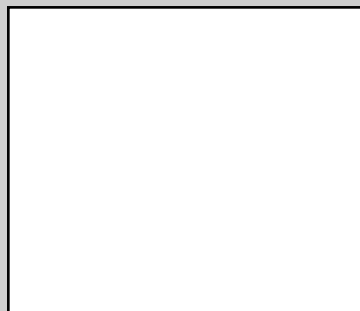
LENNOX

Call Us Today at 321-631-6816 | freedomairheat.com



Kathy Sorrell
Field Sales Agent
Licensed Insurance Agent

The Auto Club Group
4100 North Wickham Rd., Ste 101
Melbourne, FL 32935
321-775-4705 Office
321-427-0438 Mobile
ksorrell@acg.aaa.com

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

STARTING AT **\$19⁹⁵** /mo.

✓ Ambulance ✓ Police ✓ Family

✓ GPS & Fall Alert

"STAY SAFE in the HOME YOU LOVE!" **CALL NOW!**

800.809.3570 md-medalert.com




MAHJONGG
TUESDAYS @ 12:30 pm
\$2 members
/ \$3 guests

Call Andi at 321-385-3595
If you have any questions!



Line Dance Class



Yvette's
Friday Class that is
12 pm to 2 pm is for
Improvers or
intermediates.



Zumba Gold
9:15 am
Wednesdays

*Perfect for active older adults
who are looking for a modified Zumba class
that recreates the original moves you love at a
lower-intensity.*

Benefits: Class focuses on all elements of fit cardio, muscular conditioning, flexibility and balance.

THRIVE
LOCALLY

**WE APPRECIATE OUR
ADVERTISERS!**

They allow us to print
this bulletin. Thank you!

Well Care will be sponsoring Robin's
Zumba Gold Class

November 6th - 9:15-10:30 am

making this class **FREE** to all who participate.

Come join the **FUN!**

Any questions feel free to contact Robin at
321-514-5945

SPACE COAST LINE DANCERS

WEDNESDAYS 4:00 - 6:30 PM

BEGINNER/IMPROVER/
INTERMEDIATE

For information call
Cathy 814-571-2834



Tuesdays at 1pm
Room B



HANDS - HEAD - FEET Your Center needs all of
you!

Help is needed to support our nonprofit Corp .

Examples of how **YOU** can help includes: Rentals to
oversee them.

Committees (special events, ways & means, etc.)

For more info or to volunteer, please write down your

**WE'RE LOOKING FOR
BOARD MEMBERS!**



area of interest &
experience (not
required)
and turn it into
our
Ops Manager
Linda Trawle

Newsletter Booster 2024

Be a Booster for only \$10/year.

Natine Abreu-Shaw

Jeff Amaral

Paulette Amaral

Judy Ball

Joann Baxter

Raymond Bray

Lois Broyles

Joanne Engelbeck

Susan Frank

Patricia Hackenberg

Judy Harris

Judy Housel

Anita James

James Kiener

Harold Klotzer

Karin Krause

Susan Landess

Catherine McMullin

Dennis McMullin

Madeleine Morris

Fran North

Andrew Olshavsky

Yvonne Repich

Tina Ringfield

Robin Rymkos

Andy Shayka

Linda Siano

Cat Simkins

Wendy Smith

Beverly Thomas

Margaret Tobison

Linda Trawle

Sandra Valdes



Fridays at 1pm

Please park in the back and enter by
back door.

Meets in the Library

Join Cindy



Mondays
11:30am-12:30 pm



STRENGTH & STRETCH

Provides support for posture, body core work & foot strength.

Socks, ballet or jazz shoes.

Bring a mat for the stretch portion of the class.

Mondays @ 9 am Room B

For more information call

Susan at 540-220-4831



**No class on
November
4th and 11th**



*Join Robin for her
Senior Fitness
Class*

*Get your heart pumping all
while having FUN!*

Monday at 1pm-2pm

Wednesday at 11am-noon

Members \$5.00

Non-Members \$6.00

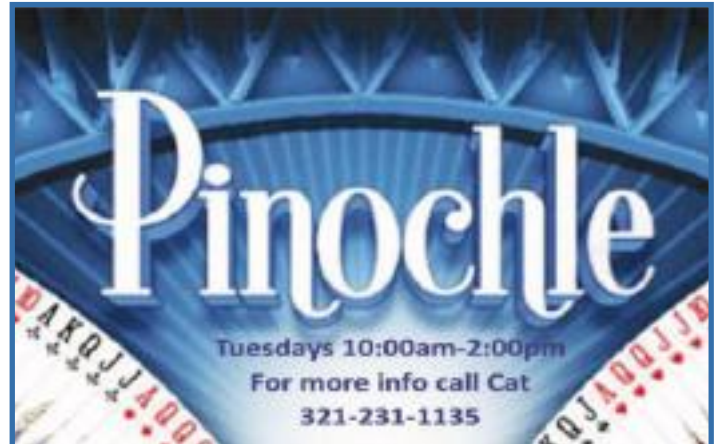


Hurricane Rug Hooking

*2nd and 4th Wednesday
of each month*

10am to 2pm

Meets in the Library



LINE DANCE SOCIAL

Thanks for Dance

***Friday, November 22nd
6pm-9pm***

Only \$5.00 person



**Come dance to all genres of
music great for everyone,
beginner to advanced!**

*Call Yvette at 321-258-6534
for more information*

***Why not join Natine and Robin
in a joint class?***

The first Friday of each month!

November 8th

Please be signed in by 9:50am

Get those joints moving!

Robin will have

Band Camp, Balls & Bands starting at 10am.

Natine will start at 11 am

with a Strength Class.

A great way to end the class.

Both classes are a safe way, seated in the chair.

*This class is being sponsored by **Well Care**
so this class is free for you to come to!*



***Follow us on Facebook
for our upcoming events
North Brevard Senior Center***



*Gary has stepped up to help with
your computer or phone questions.
Well knowledgeable on
PC and I phones.
Private Class by appointment
only at the
North Brevard Senior Center*

\$2.00 members \$3.00 non members

Call Gary 407-399-0327

Members \$2.00

Non Members \$3.00



**There will be no
class November 5th**

*Tuesday evenings
6pm-7pm
Zumba Toning combines
body-sculpting exercises
and high energy cardio
work infused with Zumba
moves to create a calorie
torching strength training
fitness party.*

POKER

**MONDAY
MORNING
10AM-2PM**

Dealer's Choice

\$2 member / \$3 non-member

CHIPS— Bag of 40 only \$4



HAND & FOOT

MONDAYS

12:30 PM till 3:30 PM

\$2 members / \$3 guests

*Don't know how to play this card game?
We'll teach you.*

**SUPPORT THE
ADVERTISERS
that Support our
Community!**

SEPTEMBER 3RD

River Lanes

Free Ladies Clinic
Before League Starts!
August 27th and 29th
at 9am!

EARLY RISERS Ladies League



Family Entertainment Center

Play Bowl Bingo For a
Chance to Win Each Week!

\$11
Tuesdays 9am

16 weeks of fun
Space Limited!

Call Today

321-267-7118 ext. 3

800 Cheney Hwy, Titusville, FL • riverlanes.com

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.

BRING YOUR PASSION.

WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

CarePlus
HEALTH PLANS

Kristine Quattrone
Licensed Insurance Agent

Brevard & Indian River County

Kquattrone@careplus-hp.com

321-326-4033



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



OUR COMMUNITY
NEWSLETTER
AUTUMN EDITION



Engaging,
ad-supported
print and digital
newsletters to reach
your community.



Scan to
contact us!

Visit lpicommunities.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



For ad info. call 1-800-477-4574 • www.lpicommunities.com

16-0407



TRIPS AND TOURS

ALL TRIPS OPEN TO THE PUBLIC

MORE INFO? Call 321-631-8080
(ALL ABOUT YOU TRAVEL)

DAY BUS TRIP

Key West Holiday Trip

December 1st-4th

\$817.00 per person (double occupancy) \$1170.00 Single

Join an adventure of sun and fun in Key West for three days! We will be lodging at the Fairfield Inn and Suites where you will have plenty of freedom to explore the sites of the town and enjoy the free form pool and Tiki bar area. Trip includes 3 night stay at the Fairfield Inn with full American Breakfast (daily) and baggage handling (1 per person). Lunch at the Quarterdeck, dinner on arrival at the hotel and lunch at Quarterdeck in Plantation. Also Sunset cruise with live music, foods and drinks. Roundtrip Transportation.

St Augustine Nights of Lights Trip

December 12th

\$126.00 per person

Our annual trip to see the second largest holiday lights display in the U.S. Enjoy a day of shopping and then tour the city after dark by horse and carriage. Minimum of 35 needed for trip, final payment due by November 25th.

A Beautiful Noise, The Neil Diamond Musical February 6, 2025

\$235.00 per person

Join us for an afternoon at Dr. Phillips Center to see the story of Neil Diamond come to life on stage. Lunch included. Need 35 minimum, final by October 1st

CRUISES

Scottish Highlands & Island

May 10th-May 23rd 2025

**\$4869 per person
(Double Occupancy) \$6239 Single**

Join Jean as we head to Scotland for 14 days of travel.
See flyer by the travel section at the North Brevard Senior Center.

Looking for a Worthy Charitable Organization ?

North Brevard Senior Center is a 501 (c)3 charitable organization and as such is eligible to receive charitable donations.

If you find you have extra funds in your charitable donations bucket anytime during the year, please consider donating to North Brevard Senior Center. All donations helps us offer activities for our seniors in the area 5 days a week.

